

Issued by Midland National[®] Life Insurance Company

IRS rollover chart

The Internal Revenue Service (IRS) has provided guidance on the types of accounts that allow you to maintain the tax-deferred status of your retirement savings and those that could trigger a tax payment and potential penalty if you're under 59 1/2 years old.



| | | Roll to | | | | | | | |
|-----------|--|------------------------------------|------------------------------------|--------------------------------------|------------------------------------|------------------------------------|---------------------------------------|----------------------|--|
| | | Roth IRA | Traditional IRA | SIMPLE IRA | SEP-IRA | Governmental 457(b) | Qualified plan ¹ (pre-tax) | 403(b) (pre-tax) | Designated Roth account (401(k), 403(b) or 457(b)) |
| Roll from | Roth IRA | Yes ² | No | No | No | No | No | No | No |
| | Traditional IRA | Yes ³ | Yes ² | Yes ^{2,7} , after two years | Yes ² | Yes ⁴ | Yes | Yes | No |
| | SIMPLE IRA | Yes ³ , after two years | Yes ² , after two years | Yes ² | Yes ² , after two years | Yes ⁴ , after two years | Yes, after two years | Yes, after two years | No |
| | SEP-IRA | Yes ³ | Yes ² | Yes ^{2,7} , after two years | Yes ² | Yes ⁴ | Yes | Yes | No |
| | Governmental 457(b) | Yes ³ | Yes | Yes ⁷ , after two years | Yes | Yes | Yes | Yes | Yes ^{3,5} |
| | Qualified plan ¹ (pre-tax) | Yes ³ | Yes | Yes ⁷ , after two years | Yes | Yes ⁴ | Yes | Yes | Yes ^{3,5} |
| | 403(b) (pre-tax) | Yes ³ | Yes | Yes ⁷ , after two years | Yes | Yes ⁴ | Yes | Yes | Yes ^{3,5} |
| | Designated Roth account (401(k), 403(b) or 457(b)) | Yes | No | No | No | No | No | No | Yes ⁶ |

Source: https://www.irs.gov/pub/irs-tege/rollover_chart.pdf

1. Qualified plans include, for example, profit-sharing, 401(k), money purchase, and defined benefit plans.

2. Only one rollover in any 12-month period. 3. Must include in income. 4. Must have separate accounts. 5. Must be an in-plan rollover.

6. Any nontaxable amounts distributed must be rolled over by direct trustee-to-trustee transfer.

7. Applies to rollover contributions after December 18, 2015. For more information regarding retirement plans and rollovers, visit [Tax Information for Retirement Plans](#).

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